

**Wrestling Practice Gear/Equipment Guideline**

Wrestling practices are physically and mentally tough. It is important that your student athlete is prepared with the appropriate gear and hydration.

**Required Practice Items**:





(1) Gear/Back-Pack

(1) Water bottle

(1) Wrestling Head Gear

(3) T-shirts

(1) Shorts

(1) Sweatshirt

(1) Sweat Pant

(1) Wrestling Shoes

(1) Running Shoes

(1) Towel

**\*Mouth Guard**- WIAA requires any athlete that has braces, to wear an approved mouth guard. If you have upper and lower braces you are required by the WIAA to wear a top and bottom mouth guard.

**\*Any Athlete that has long hair will be required** by the WIAA to wear an approved hair cover either attached to their head gear or like the example on the page.

**\*Girls are required** by the WIAA to wear a sports bra.

**Optional items you might want or need:**



**Wrestling Knee pad** or pads

**Different types of braces** if you have previous injuries (example: knee, ankle, wrist, elbow or shoulder brace)